

26th Welsh Castles Relay

—

INSTRUCTIONS TO RACE TRAFFIC

This year there will be 58 teams competing so traffic congestion problems are guaranteed. We, therefore, ask for your continuing indulgence and co-operation in resolving them.

We expect well over 180 vehicles to follow the race and clearly this presents en route traffic congestion as well as parking problems at many changeover points. At those locations where parking is limited (indicated in the description below), please ensure that no more than one vehicle parks close to the changeovers. We would ask you to drop off runners and park well away when possible. In most cases there is parking within 400 metres, so please use these facilities.

When taking runners to start of a stage plan to travel no faster than 25mph, on average. Look carefully at your road map and take advantage of the many alternative routes.

SUPPORT VEHICLES

All vehicles shall display a visible Race Team number. Get these from your team captain who will have sufficient for all runners and vehicles.

Please consider other road users, particularly when you park at changeover points.

Take care not to disturb the locals with rowdy behaviour at changeovers, especially early in the morning, or late at night.

Please take notice of any instructions from the race marshals and officials, the success or failure of the event could be influenced by your actions.

If you are required to deliver your marshals to their duty locations please remember a late arrival at that point endangers the lives of the runners on that stage so don't stop to support until you have delivered your marshals.

The Castles Reference Book contains some useful maps to help you for some locations.

N.B.

Please have regard for the instructions given by the race marshals, since failure to do so could jeopardise your team's fate in this year's event and future ones.

Stage 1: Caernarfon to Penygroes		
Miles		Support vehicle driver's instructions
0.0	Start: Caernarfon Castle	Vehicles not permitted to follow runners on this section. Take A487 towards Penygroes. You can watch the runners joining the cycle track at Dinas railway station (just off A499).
6.0	A487/A499 roundabout	Some parking outside Goat.
7.8	Inigo Jones Slate works	Park sensibly on main road (A499) or in slate works car park.
9.1	Finish: Near former Penygroes Railway station.	<u>No parking</u> at finish. Park in Industrial Park or other car parks in Penygroes. These are quite near the finish and the start of the next stage. Toilets and Shops for refreshments are available in Penygroes

Stage 2: Penygroes to Criccieth		
Miles	Location	Support vehicle driver's instructions
0.0	Start: On cycle track (Lôn Eifion) on Criccieth side of new roundabout on A487.	No parking allowed Park in Industrial Park or other car parks in Penygroes. It is just a short walk along the footpath to start/finish
6.05		Go down A487 to meet runners at BRYNCIR.
6.3	Goat Inn	Vehicles taking runners to Maentwrog, or to support stage 3, should not turn right towards Criccieth but continue straight ahead.
10.7	Finish: The green in Criccieth.	You must park in the large public car park which is adjacent to the finish. Here, you should park at the <u>far end</u> where it will be free of charge. Otherwise you pay and display or get a fine. <u>There is an attendant on duty.</u> There are some nice coffee shops (and pubs) in Criccieth.

Stage 3: Criccieth to Maentwrog		
Miles	Location	Support vehicle driver's instructions
0.0	Start: On A497, at end of green	Park in large public car park. See comments above - Finish stage 2
		Support vehicles for stage 4 may proceed to Maentwrog from Criccieth via the A497 and A487 direct. Vehicles for stage 5 can take the toll road just after Portmeirion to cut the corner to Harlech.
8.6	A4085 junction at Garreg	Vehicles not permitted on the next section. Take A4085 and A487 to finish, via Penrhyndraeth
12.1	Finish: Oakeley Arms Hotel.	Parking is limited Park in car park behind Oakeley Arms Hotel_ <u>Do not park</u> at bus stop. Buses always appear during the race, and the drivers can get quite cross.

Stage 4: Maentwrog to Harlech		
Miles	Location	Support vehicle driver's instructions
0.0	Runners assemble at Oakeley Arms and wait to be escorted to start. Start at old bridge on right hand side of A487	Parking is limited Park in car park behind Oakeley Arms Hotel_ <u>Do not park</u> at bus stop. Buses do use this location, and they always appear during the race, and the drivers can get quite cross
5.2	Talsarnau	Drive carefully through narrow village
9.4	Finish: Ysgol Ardudwy	Park behind Ysgol Ardudwy as directed Parking also available in Beach car Park, about ¼ mile down side road. Refreshments available at Fish & Chip shop and the Queen's Head pub or in Harlech, if you can manage the walk up the hill.

Stage 5: Harlech to Barmouth		
Miles	Location	Support vehicle driver's instructions
0.0	Start: On A496, Barmouth side of level crossing	
		Park behind Ysgol Ardudwy as directed Parking also available in Beach car Park, about ¼ mile down side road
5.1	Dyffryn Ardudwy	Drive carefully through narrow village
6.0	Talybont	Drive carefully through narrow village and over narrow bridge
9.5	Lane entrance	Continue along main road and return along promenade to the very end.
9.6	Finish: Bottom of lane.	Park at the far end of extremely large promenade car park. Walk over level crossing to see finish. Take great care, this line is in use. Refreshments available in the town.

Stage 6: Barmouth to Dolgellau		
Miles	Location	Support vehicle driver's instructions
0.0	Start at northern end of sea wall (promenade)	
		Park in large promenade car park.
1.7	Entrance to footpath over railway bridge	Stay on A496 to join A493 later. There is a small road that turns off to the right, for which a small fee is payable, which gets you to Penmaenpool.
8.4	George III hotel in Penmaenpool	The runners should pass the pub here, (make sure they do). You <u>can</u> drive back as far as Arthog railway station but you'll only get a glimpse of the runners for they use the Mawddach trail, but you may like to give your runner a smile or an encouraging word.
9.8	Junction A493 and A470	You can either take the back road into town then take the one-way system and park in car park (last left before river) alternatively take A470 to Dolgellau.
10.7	Finish: In field adjacent to car park.	Drive through first car park (pay & display), park in large car park near rugby ground. This one is free of charge. Refreshments in the town

Stage 7: Dolgellau to Dinas Mawddwy		
Miles	Location	Support vehicle driver's instructions
0.0	Start: At entrance to Marian Mawr Car Park.	
		Park in Marian Mawr Car Park as instructions above.
5.7	Summit of steep down hill	Drive very carefully down the hill, the runners can get wobbly
9.7	Lane down to Dinas Mawddwy	Go very carefully down steep hill into Dinas Mawddwy
9.75	Finish: At drive entrance shortly after the descent to the Red Lion Pub.	Park in car park at the bottom of the hill or the pub car park if picking up spent runners. There is another car park at the end of the village which has its advantages if dropping off your runner.

Stage 8: Dinas Mawddwy to Foel		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Opposite GWESTY'R LLIW COCH (Red Lion Pub).	
		Park in Car Park at end of village, not far from the pub
		Servicing runners on this stage is strictly forbidden
11.2	Foel	Parking is limited Some parking available in the small car park on right.

Stage 9: Foel to Llanfair Caereinion		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Opposite the chapel in Foel.	
		Parking is limited Some parking available in the small car park on right.
8.5	Llanfair Caereinion	Vehicles must not follow runners up hill
8.6	Finish: Opposite entrance to School/Leisure Centre	Vehicles must not park on main road - use large car park at rail station. Walk back short distance to see finish near school.

Stage 10: Llanfair Caereinion to Newtown		
Miles	Location	Support vehicle driver's instructions
0.0	Start: At bridge into village (B4389), 400 metres from railway station.	
		Vehicles must not park on main road - use large car park at station. Just a short walk back to the start.
		This stage is on narrow and winding roads. Please go carefully and when stopping park wisely so that runners are safe and so that marshals are not obscured. This is particularly true in Bettws Cedewain. For a more straightforward route to the finish use the A458 to Welshpool, then A483 to Newtown,
13.3	Finish: At the monument at the rear of Elephant and Castle hotel	Park in the large car park in BACK LANE, which is opposite the E & C and just around the corner. Have a nice evening

Stage 11: Newtown to Llanbadarn Fynydd		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Newtown (Maldwyn) Sports Centre	
12.3	Finish: Just before New Inn in Llanbadarn Fynydd.	Park tidily past New Inn. Make sure you do not block the road for the runners on the next stage. Early morning refreshments are available from the Pub.

Stage 12: Llanbadarn Fynydd to Crossgates		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Outside New Inn	
		Park tidily past New Inn. Make sure you do not block the road for the runners of this stage. Early morning refreshments are available from the Pub.
11.2	Finish: Knills Service Station in Crossgates	Park with consideration at Knills Service Station. Refreshments available in Knills Café

Stage 13: Crossgates to Builth Wells		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Knills Service Station	
		Park with consideration at Knills Service Station
3.6	TOM NORTON LIMITED, Llandrindod Wells	If you need one, here is a showroom that professes to sell Aircraft.
10.3	Finish: In Royal Showground coach park on left	Park in coach park on left. Be very careful of finishing runners. <u>Vehicle Exit is at the far end of the field.</u> (Next to Jewsons). Refreshments available in Little Chef down by the roundabout

Stage 14: Builth Wells to Drovers Arms		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Start on A483 next to showground coach park	
		Park in coach park on left. Be very careful of finishing runners. <u>Do not</u> go out the way you came in. Exit via far end (next to Jewsons).
0.6	Junction with B4520 (Upper Chapel)	The route is narrow. Non-essential vehicles use B4520 or A470 from Builth to Brecon. Vehicles taking runners to Brecon are advised to use the alternative route.
3.0	Cilmery	Note the monument to Prince Llywelyn, Wales' last native prince.
6.5	Garth	This road is narrow and hilly. Please respect the runners and pull off the road when stopping.
11.0	Finish: At isolated building on cross road (Drovers Arms [Not a real pub]).	Parking is limited Park in car parks near Drovers Arms Under <u>no</u> circumstances go off road (Military range) If you are picking up your runner on this stage then best not to use the B4519, leave via the road that runs east to meet the B4520 before Lower Chapel.

Stage 15: Drovers Arms to Brecon		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Red Kite Centre on military range on B4519	
		Parking is limited. No parking before or in the 'Red Kite Centre' Park as directed by the marshals. Under <u>no</u> circumstances go off road.(Military range)
1.8	Junction with B4520	Be prepared for delays due to slow moving race traffic on narrow roads
6.4	Lower Chapel	Drive carefully over narrow bridge
12.8	Finish: On Pedestrianised river bridge	Park in new car park beyond Safeway, or in Safeway car park (fee required). Walk to the finish at the bridge. Refreshments available, e.g. Fish and Chips

Stage 16: Brecon to Beacons Reservoir		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Wellington Hotel, in centre	
		<u>No parking</u> at start. Park in new car park beyond Safeway, or in Safeway car park (fee required here) and walk to start
		Several lay-bys on A470 for convenient cheering and possibly a cup of tea
8.8	Finish: In side road on left, signposted TOILETS, 400 metres past Storey Arms.	Park in car park behind side road on left. No refreshments, except for maybe an ice cream van at Storey Arms

Stage 17: Beacons Reservoir to Cyfartha Castle.		
Miles	Location	Support vehicle driver's instructions
0.0	Start: On A470 at entrance to side road, (Toilets) 400 metres past Storey Arms.	
		Park in car park behind side road on left.
7.4	Junction to CEFN COED Y CYMMER	Support vehicles dropping off runners for stage 18 should continue on A470 and drop down to Rhyd-y-Car after 3 roundabouts. Those picking up spent runners take A465, continue on to Cyfartha Park.
9.2	Finish: End of the lower path adjacent to the lake.	Limited Car park facilities within the grounds of the park.

Stage 18: Rhyd-y-Car to Navigation Park		
Miles	Location	Support vehicle driver's instructions
0.0	Start: Adjacent to Bowling Club at Rhyd-y-Car Leisure Centre	
		Use car park at leisure centre (limited during building work).
		Vehicles unable to follow runners. Support vehicles should follow A4054.
2.65		The runners are on the road from Troedyrhiw to Merthyr Vale, via Aberfan. Examine the runners route directions and you will find places to support.
7.9	Miller's Row	Stay on A4054 through roundabout to turn right at first set of traffic lights then left at the next set, to the finish.
9.3	Finish: Inside Navigation Park industrial park	Park in very large car park inside Navigation Park industrial park. No refreshments

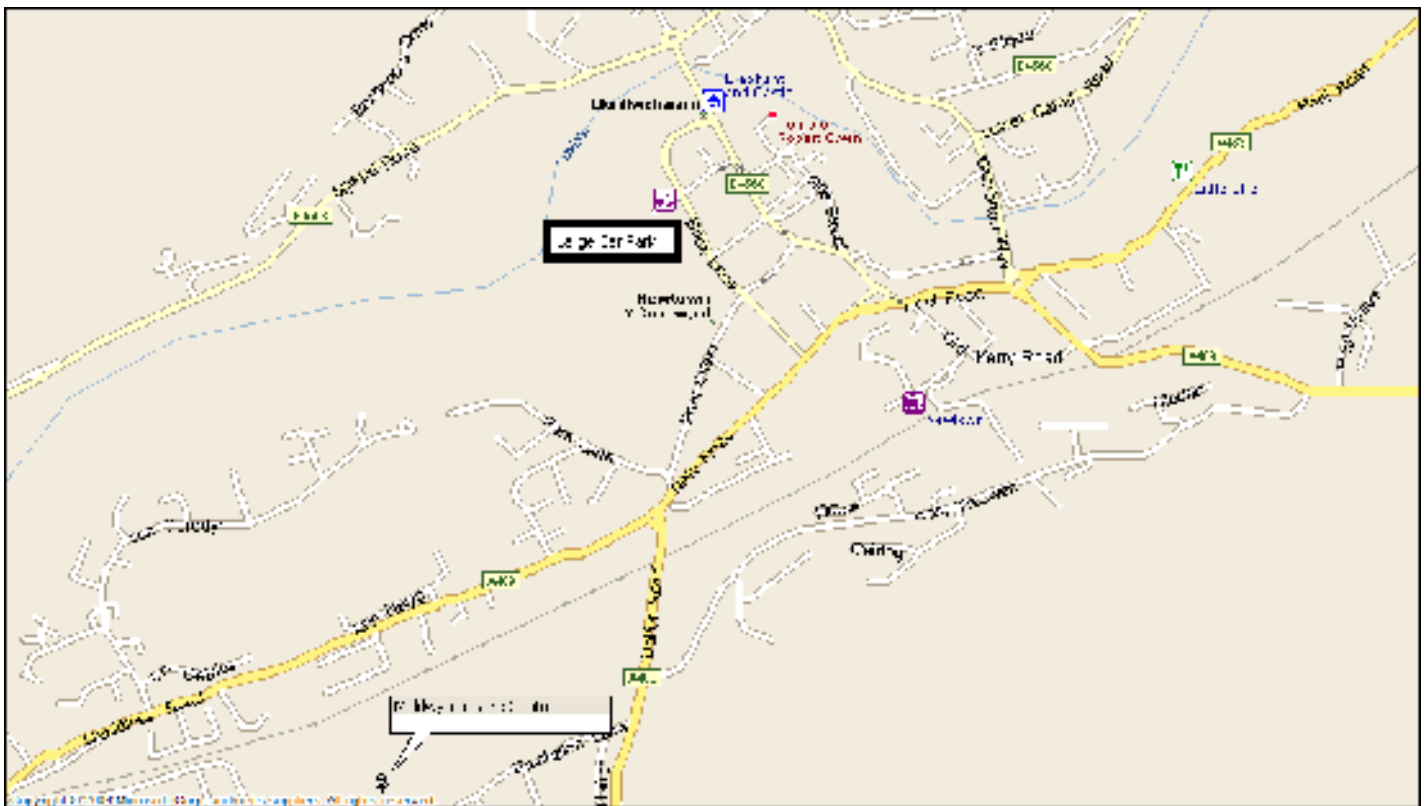
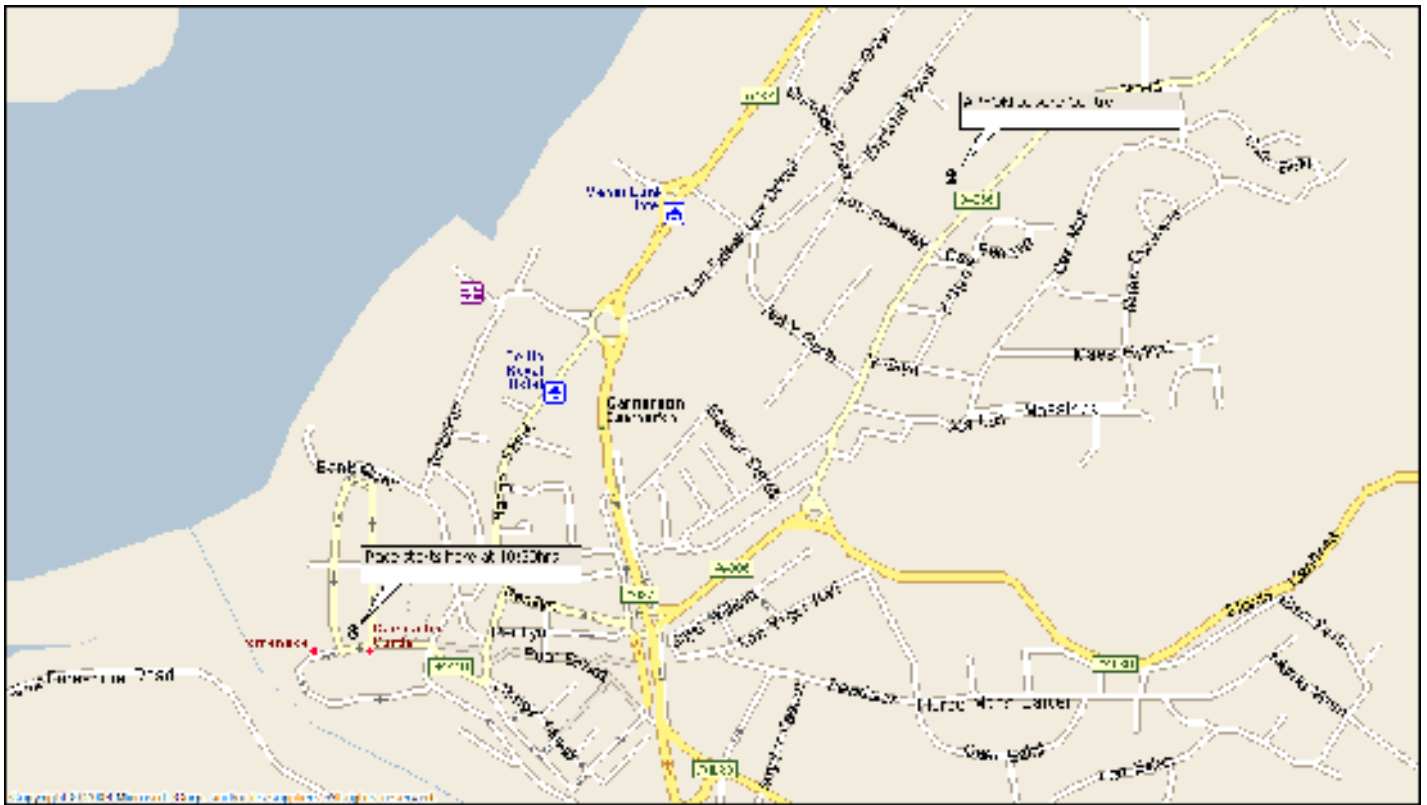
Stage 19: Navigation Park to Caerphilly		
Miles	Location	Support vehicle driver's instructions
0.0	Start: At entrance to Navigation Park industrial area	
		Park inside Navigation Park industrial park.
3.9	Glyntaff	Traffic stay on A4054.
		Once more it is tricky following the runners from here. Examine the route directions carefully and you will find places to support. The adventurous can turn left off the A4054 and find one of the places where the cycle track crosses a road.
7.6	Bridge over lane at Nantgarw	You can support at Nantgarw, if you look carefully.
8.9	Road widens into Hendredenny Estate	Also in Hendredenny estate, but under <u>no</u> circumstances attempt to go down Gypsy lane which is very narrow.
10.4	Finish: On path opposite castle.	There is a large car park at end of Crescent Road. No parking in Crescent Road itself. Refreshments from shops in the town

Stage 20: Caerphilly to Cardiff Castle		
Miles	Location	Support vehicle driver's instructions
0.0	Start: End of Crescent road, opposite castle	
		Parking is limited Park in car park at end of Crescent Road. No parking in Crescent Road itself.
0.7	Caerphilly District miner's hospital Lon-y-Llyn. Rd.	Runners exit St. Martin's Rd. to cross road.
1.0	Ffordd Traw Cwm	Runners can be supported here as they emerge off the footpath.
1.2	T junction A469	Virtually the whole route is now off road after this point. Race traffic to use A470. You may be able to establish a drink station in the village of Tongwynlais.
5.3	Taffs Well	You can get a glimpse between here and Tongwynlais, but not much parking.
5.7	Tongwynlais	Not much parking, but you can watch the runners go through.
		And that's it as far as support goes, unless you are very ambitious and find one of the places where the Taff Trail meets a road. Good luck
10.4	Finish: Cardiff Castle	Plenty of free parking in Cardiff, near City Centre And the good news is you get free entry into the castle.

Route, Mileages, Stage Records, Cut-Off times and Estimated Timetable

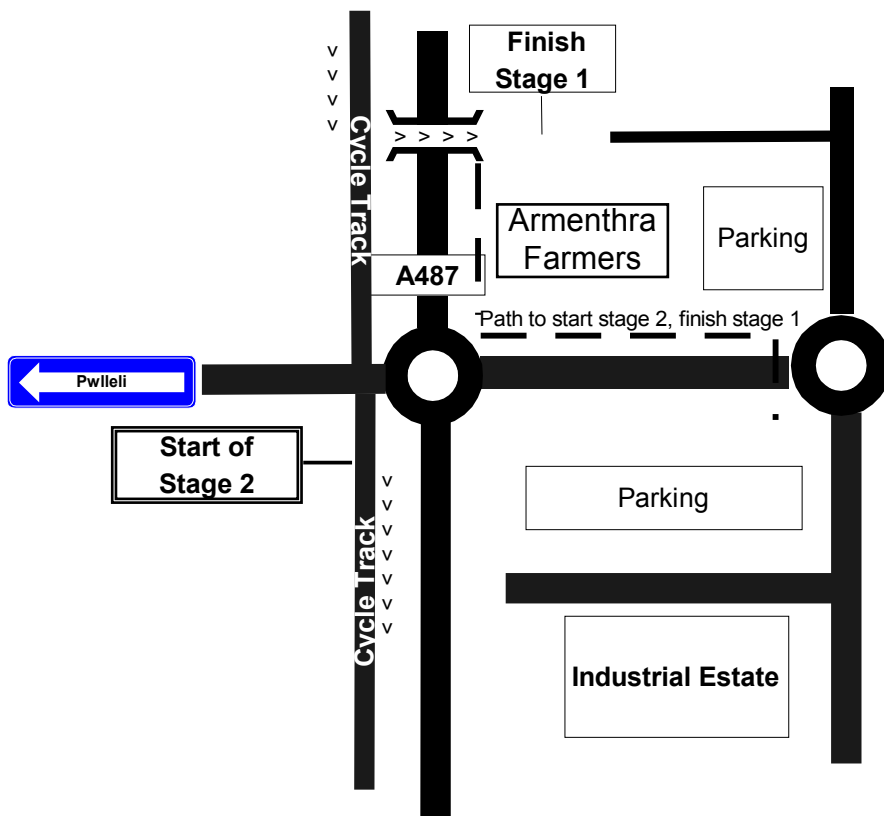
Stage	From	To	Stage Mileage	Stage Record	Cut Off Time (mins)	Estimated Start
1	Caernarfon Castle	Penygroes	9.1	52:37 (2005)	91	10:30
2	Penygroes	Criccieth Castle	10.7	55:34 (2005)	107	11:30
3	Criccieth Castle	Maentwrog	12.1	62:23 (1996)	121	12:25
4	Maentwrog	Harlech Castle	9.4	50:07 (2003)	94	13:30
5	Harlech Castle	Barmouth	9.6	55:38 (2002)	96	14:20
6	Barmouth	Dolgellau	10.7	59:03 (2004)	107	15:10
7	Dolgellau	Dinas Mawddwy	9.75	54:54 (2007)	98	16:05
8	Dinas Mawddwy	Foel	11.2	55:14 (1992)	112	16:55
9	Foel	Llanfair Caereinion	8.6	43:32 (2004)	86	17:40
10	Llanfair Caereinion	Newtown	13.3	70:00 (2007)	133	18:20
Overnight stop at Newtown Leisure Centre Approx. 9.00 pm - 6.30 am						
11	Newtown	Llanbadarn Fynydd	12.3	64:14 (1995)	123	07:00
12	Llanbadarn Fynydd	Crossgates	11.2	53:33 (1993)	112	08:05
13	Crossgates	Builth Wells	10.6	52:19 (1998)	106	09:00
14	Builth Wells	Drovers Arms	11.0	58:00 (2005)	110	09:55
15	Drovers Arms (Red Kite Centre)	Brecon	12.8	New Route	128	10:55
16	Brecon	Beacons Reservoir	8.8	New Route	88	11:55
17	Beacons Reservoir	Cyfarthfa Castle	9.2	47:53 (2005)	92	12:40
18	Merthyr (Rhyd-y-Car Centre)	Abercynon (Navigation Park)	9.3	51:24 (2007)	93	13:40
19	Abercynon (Navigation Park)	Caerphilly Castle	10.8	New Route	108	14:25
20	Caerphilly Castle	Cardiff Castle	10.4	55:02 (2005)	104	15:10

Caernarfon and Newtown Street maps



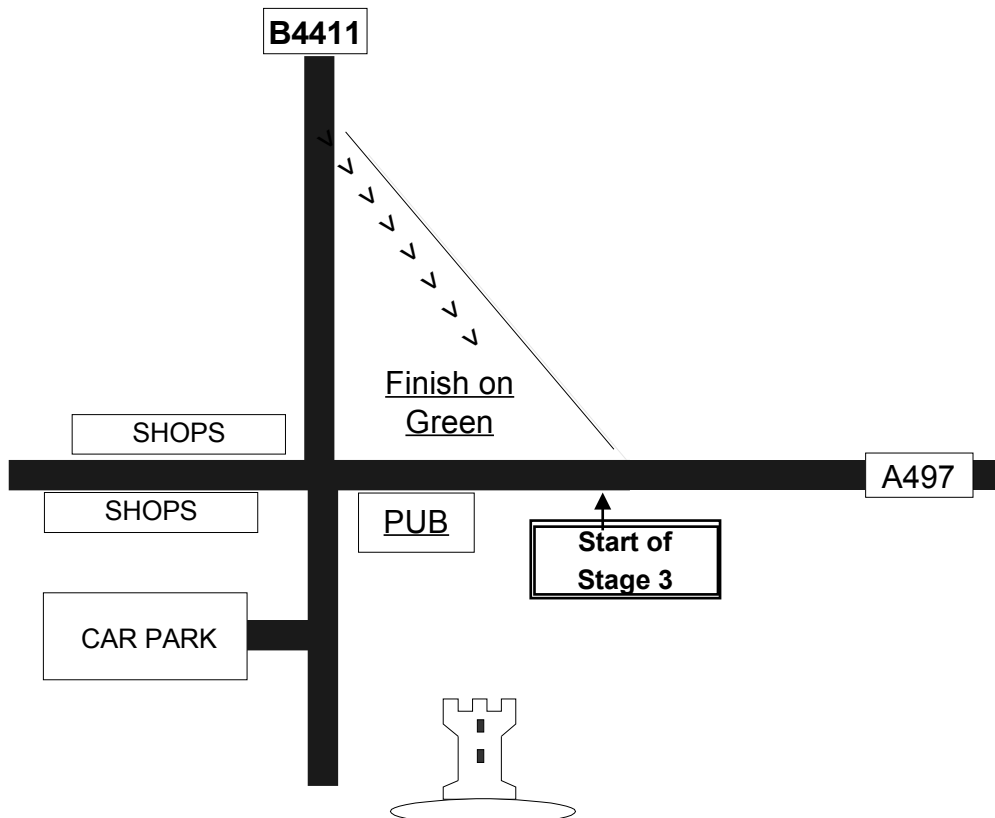
FIRST CHANGEOVER

PENYGROES

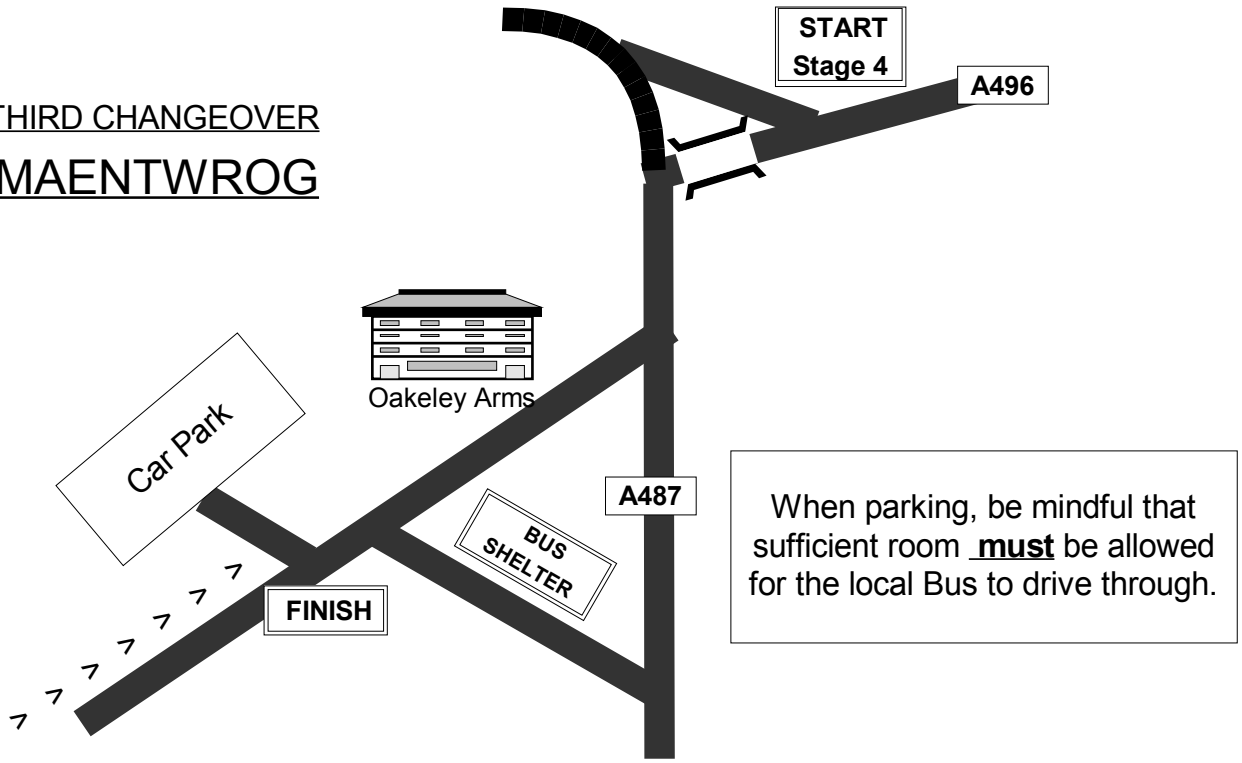


SECOND CHANGEOVER

CRICCIETH

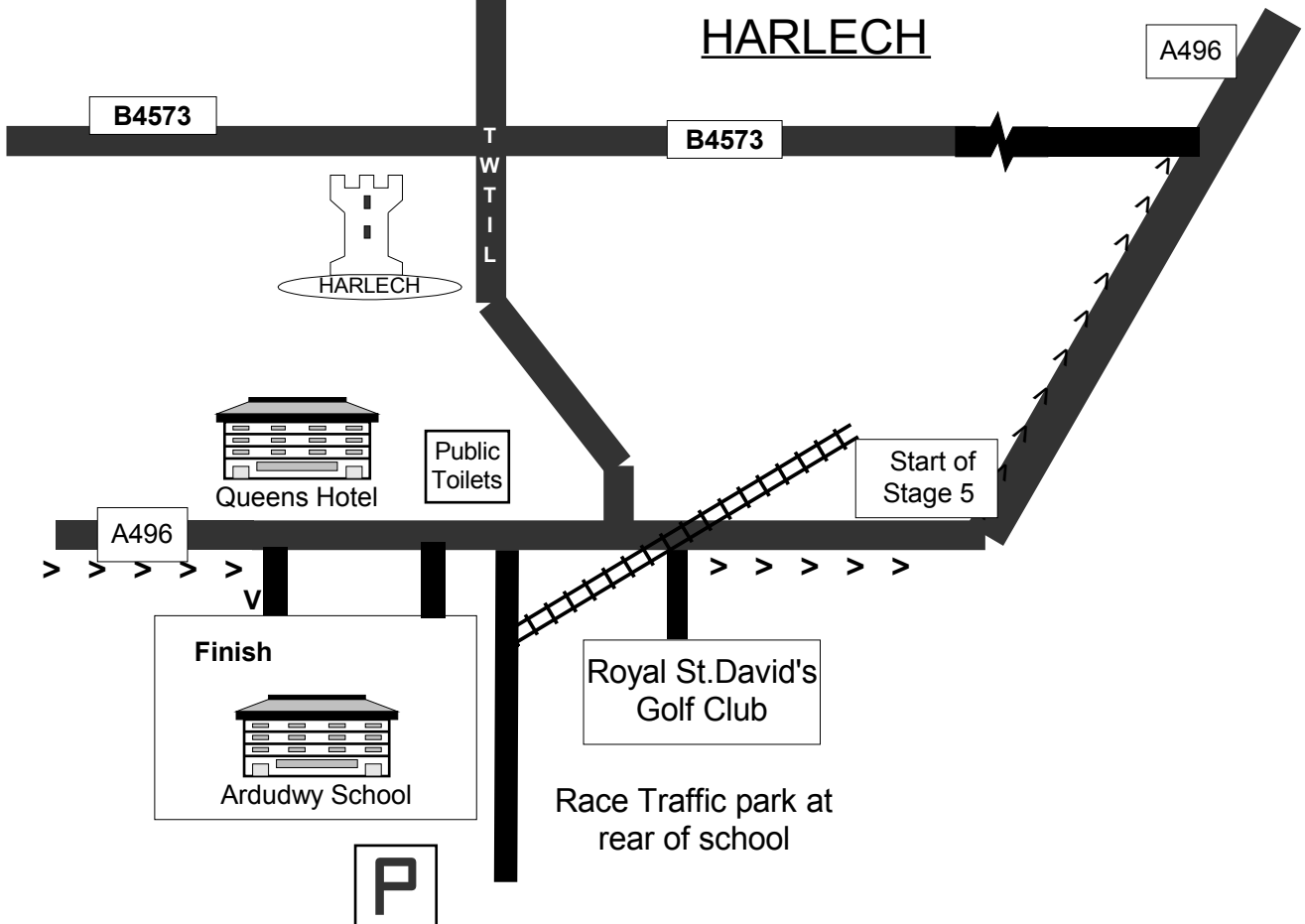


THIRD CHANGEOVER
MAENTWROG



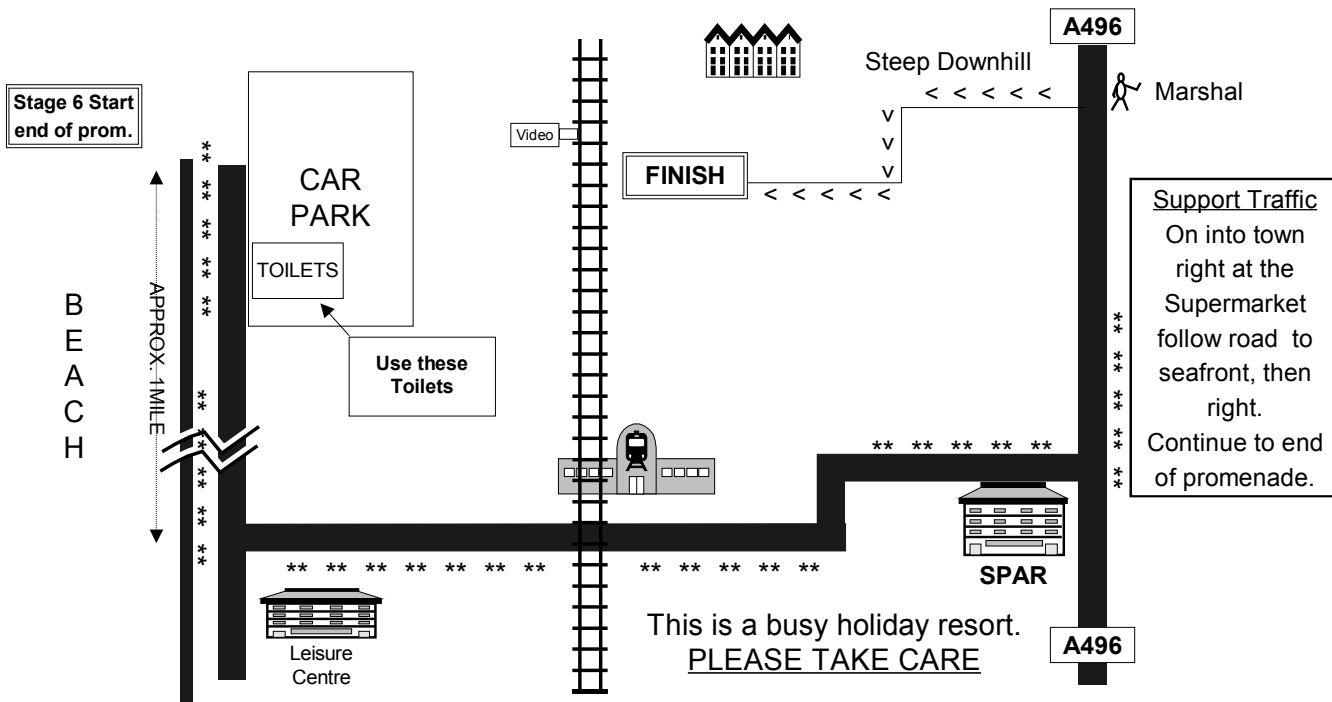
FOURTH CHANGEOVER

HARLECH



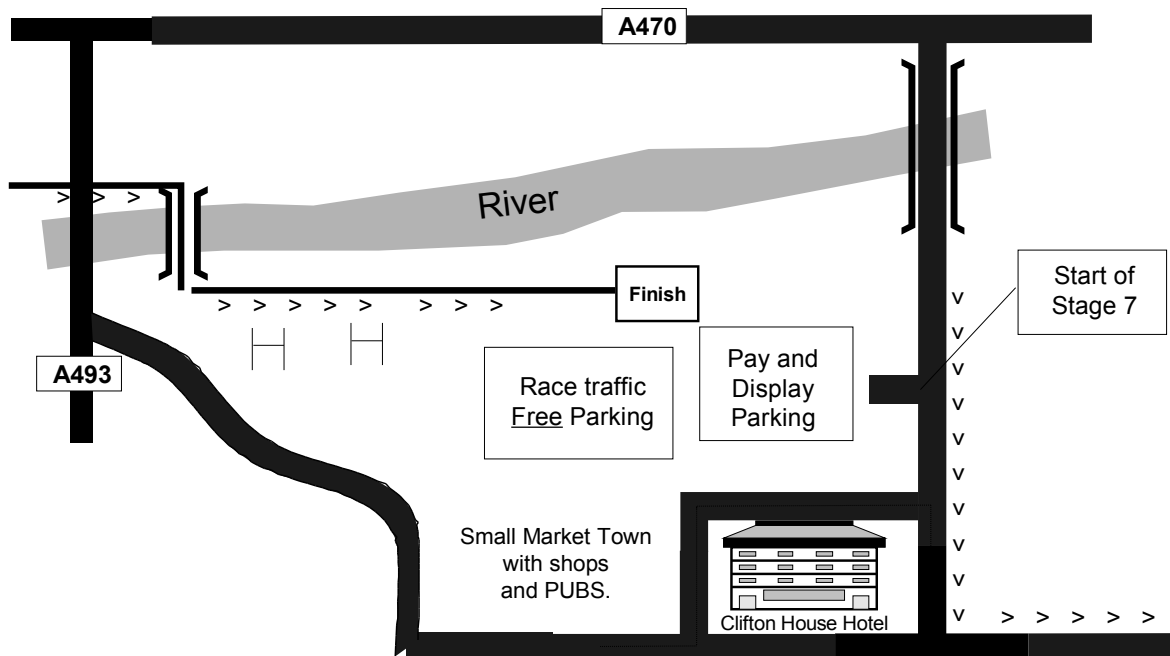
FIFTH CHANGEOVER

BARMOUTH



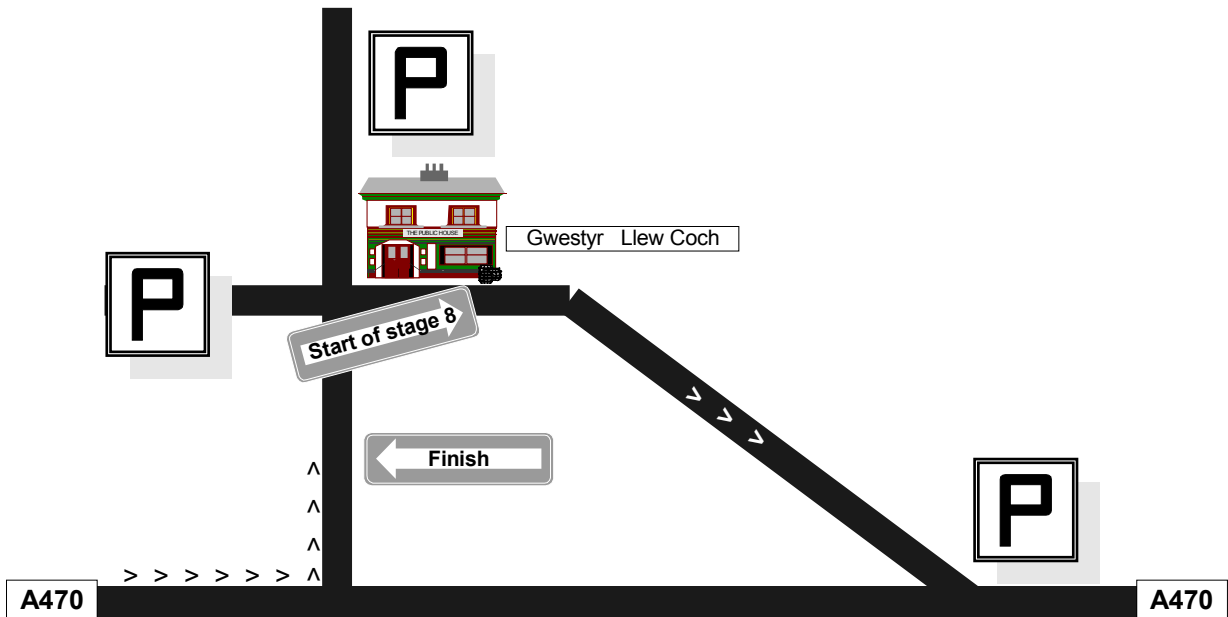
SIXTH CHANGEOVER

DOLGELLAU



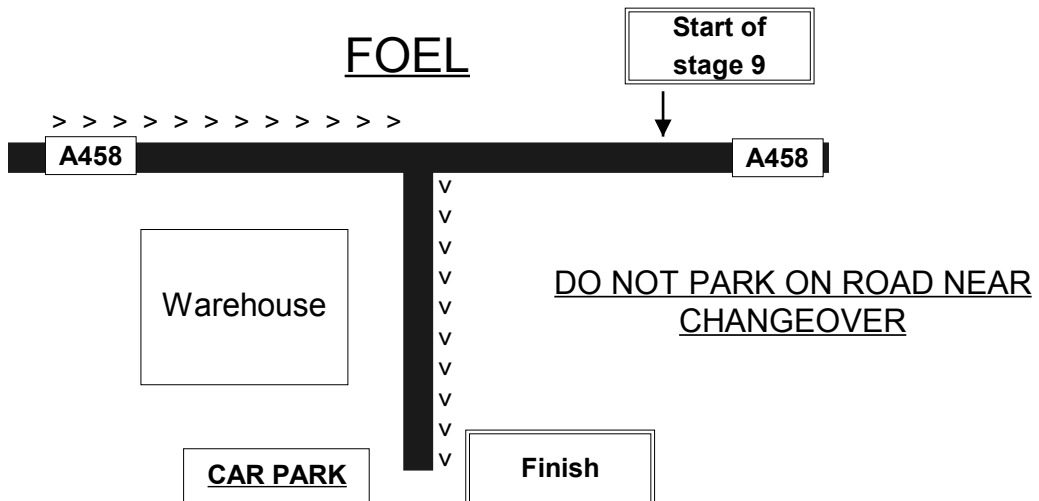
SEVENTH CHANGEOVER

DINAS MAWDDWY



EIGHTH CHANGEOVER

FOEL

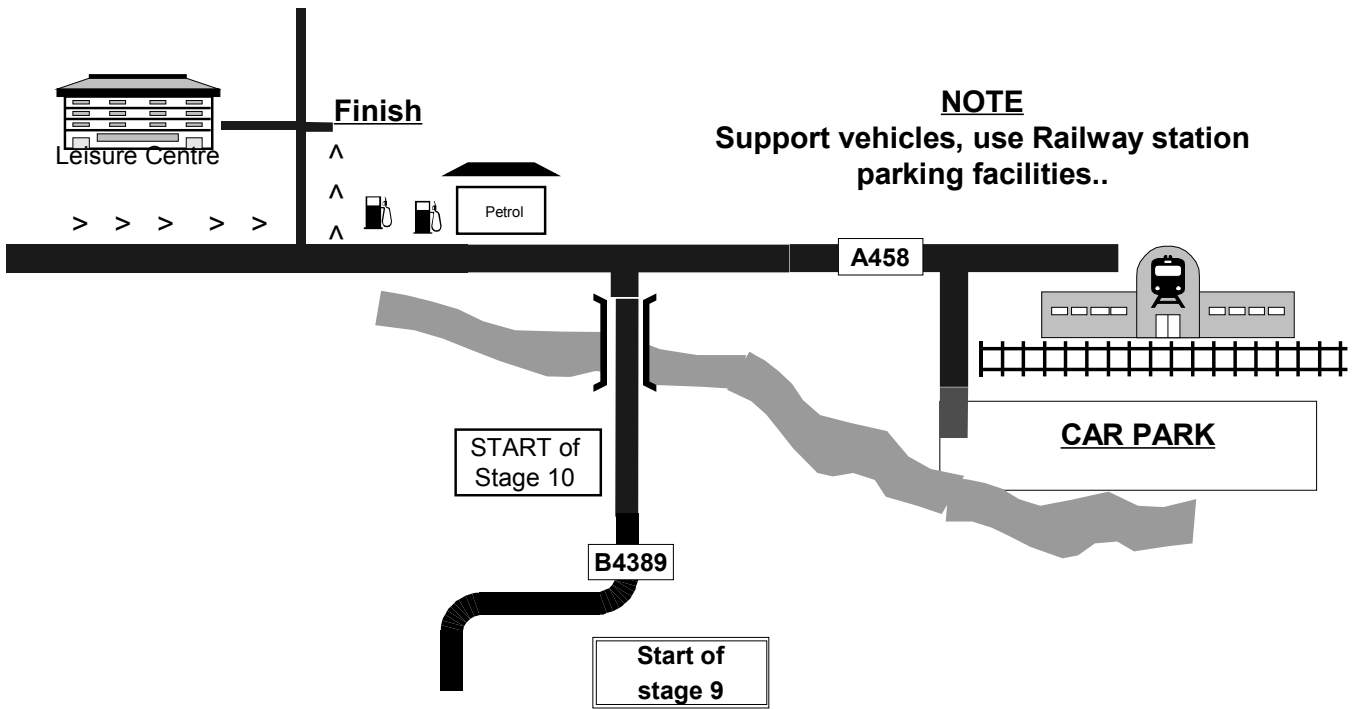


Very small village. Parking is very restricted

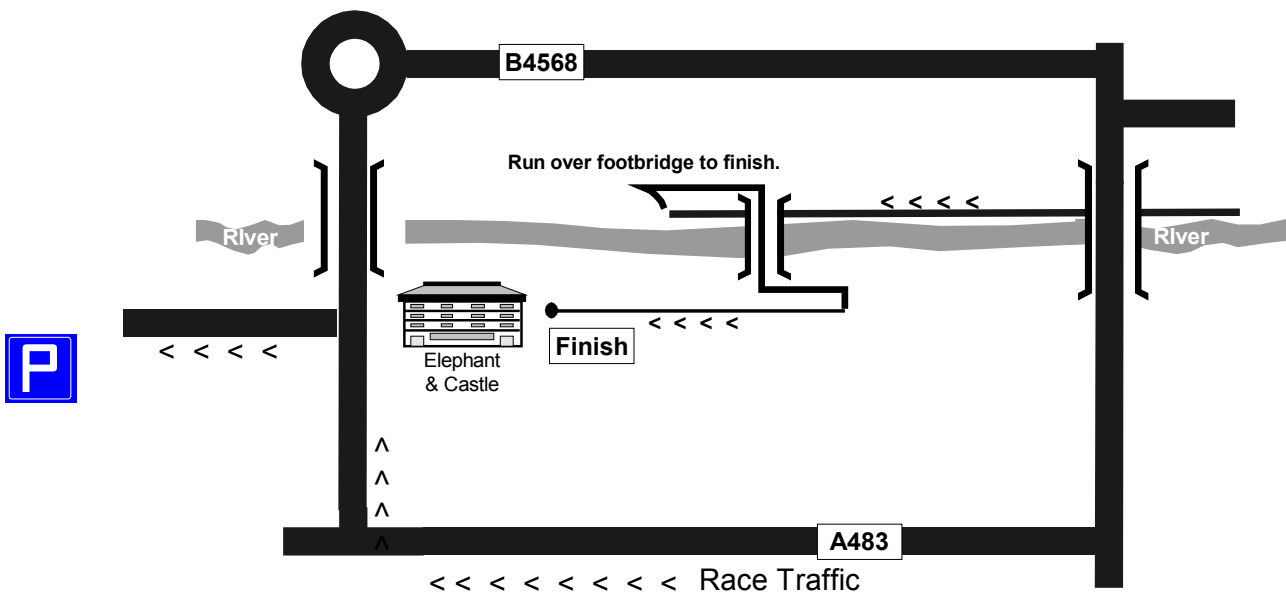
TAKE GREAT CARE LEAVING CAR PARKS

Runners entering and busy through traffic.

NINTH CHANGEOVER
LLANFAIR CAEREINION



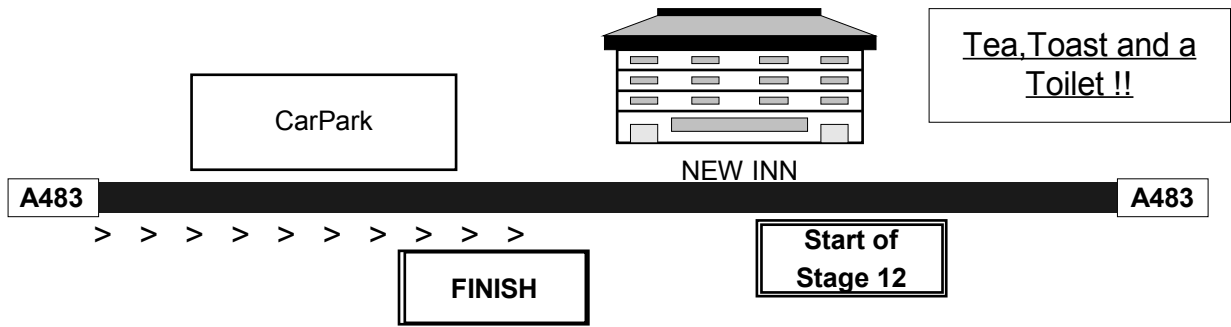
TENTH CHANGEOVER
NEWTOWN



Stage 11 starts
at the Leisure Centre

ELEVENTH CHANGEOVER

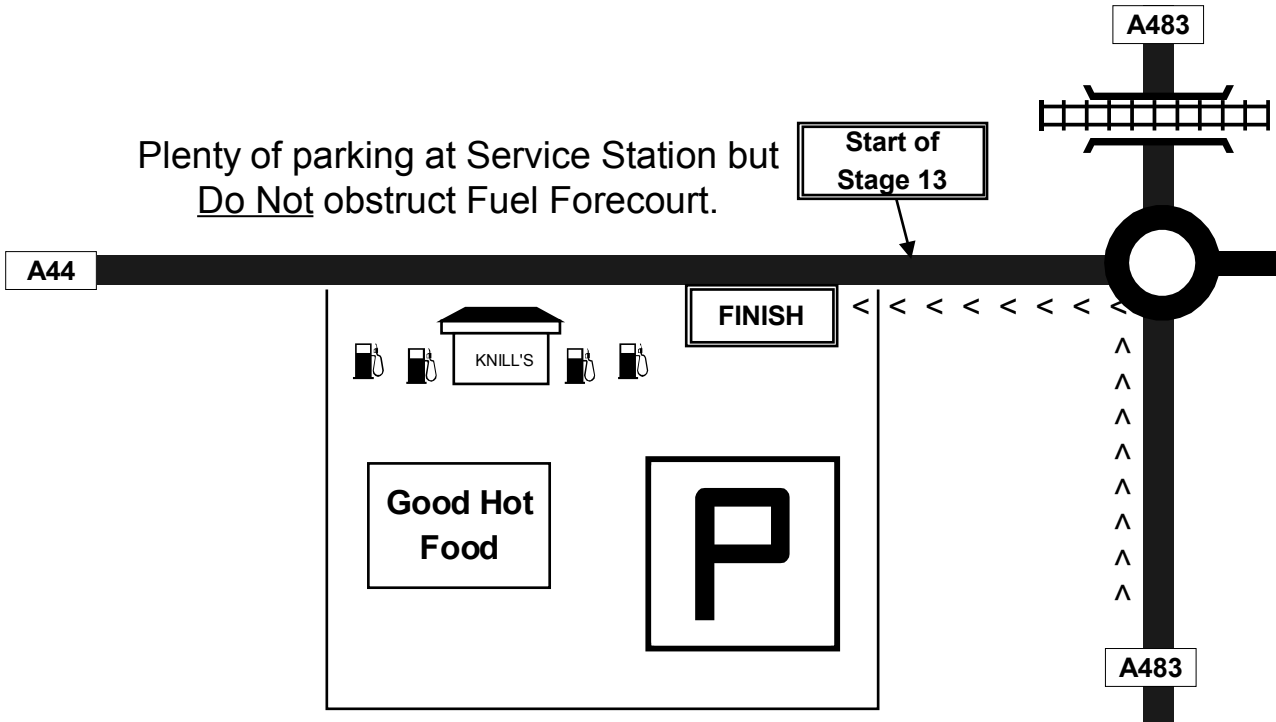
NEW INN



When Car Park is full,
use left hand grass verge.
DO NOT OBSTRUCT ROAD !

TWELFTH CHANGEOVER

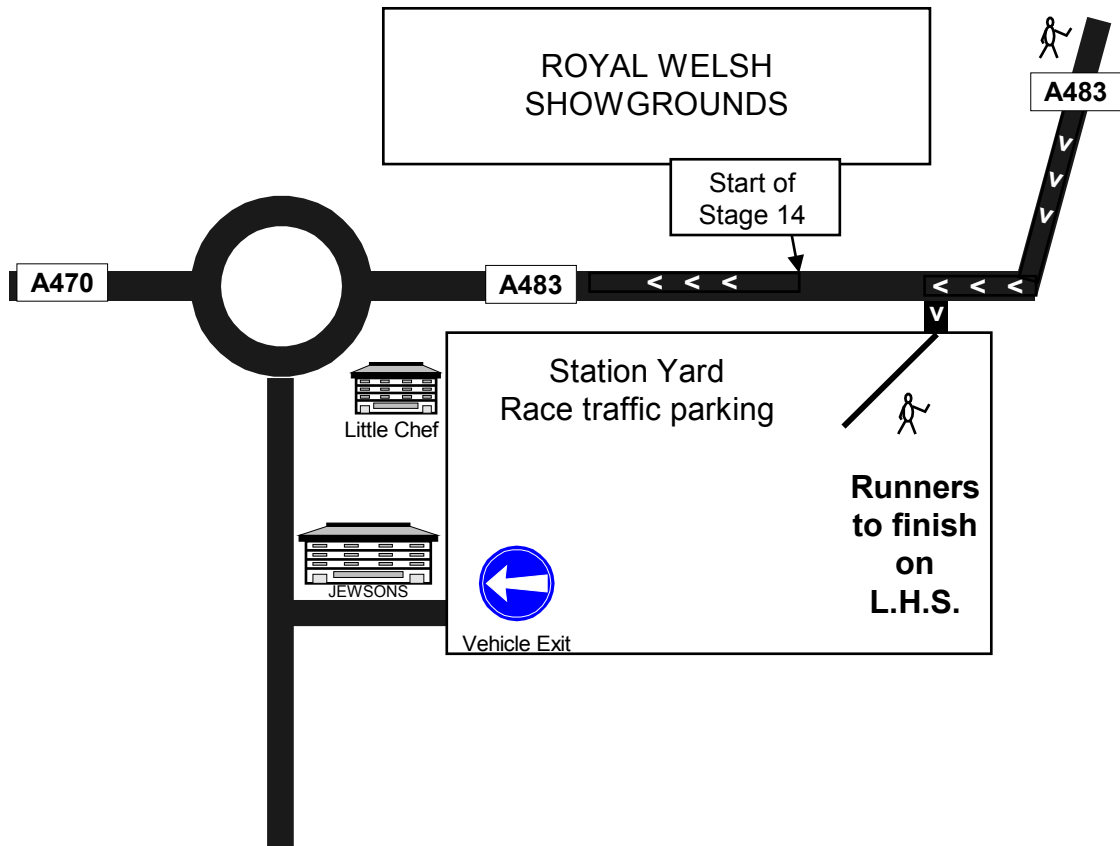
CROSSGATES



Plenty of parking at Service Station but
Do Not obstruct Fuel Forecourt.

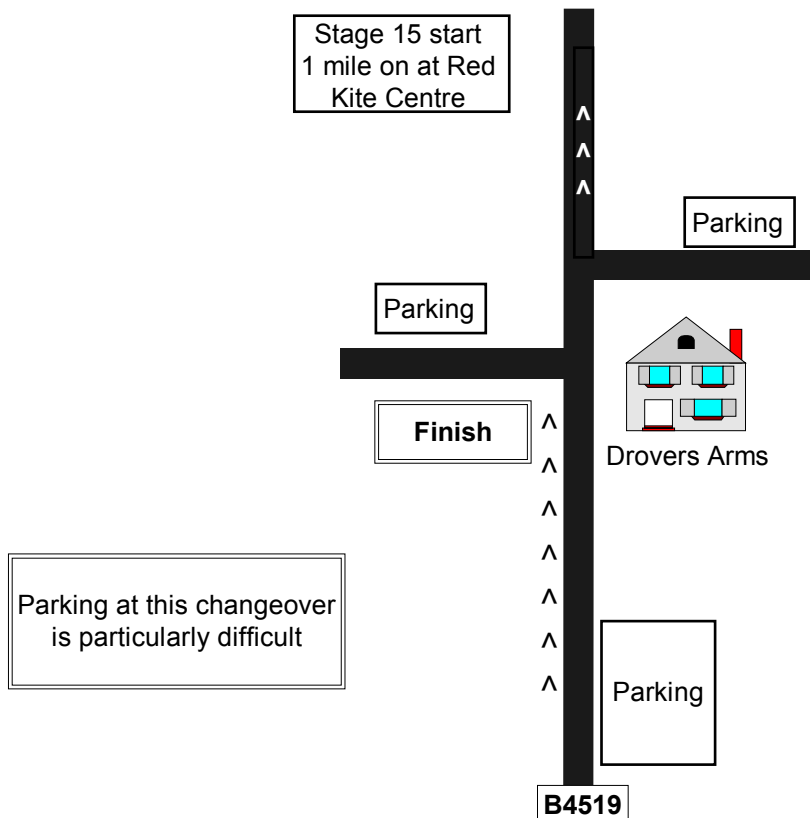
THIRTEENTH CHANGEOVER

BUILTH WELLS



FOURTEENTH CHANGEOVER

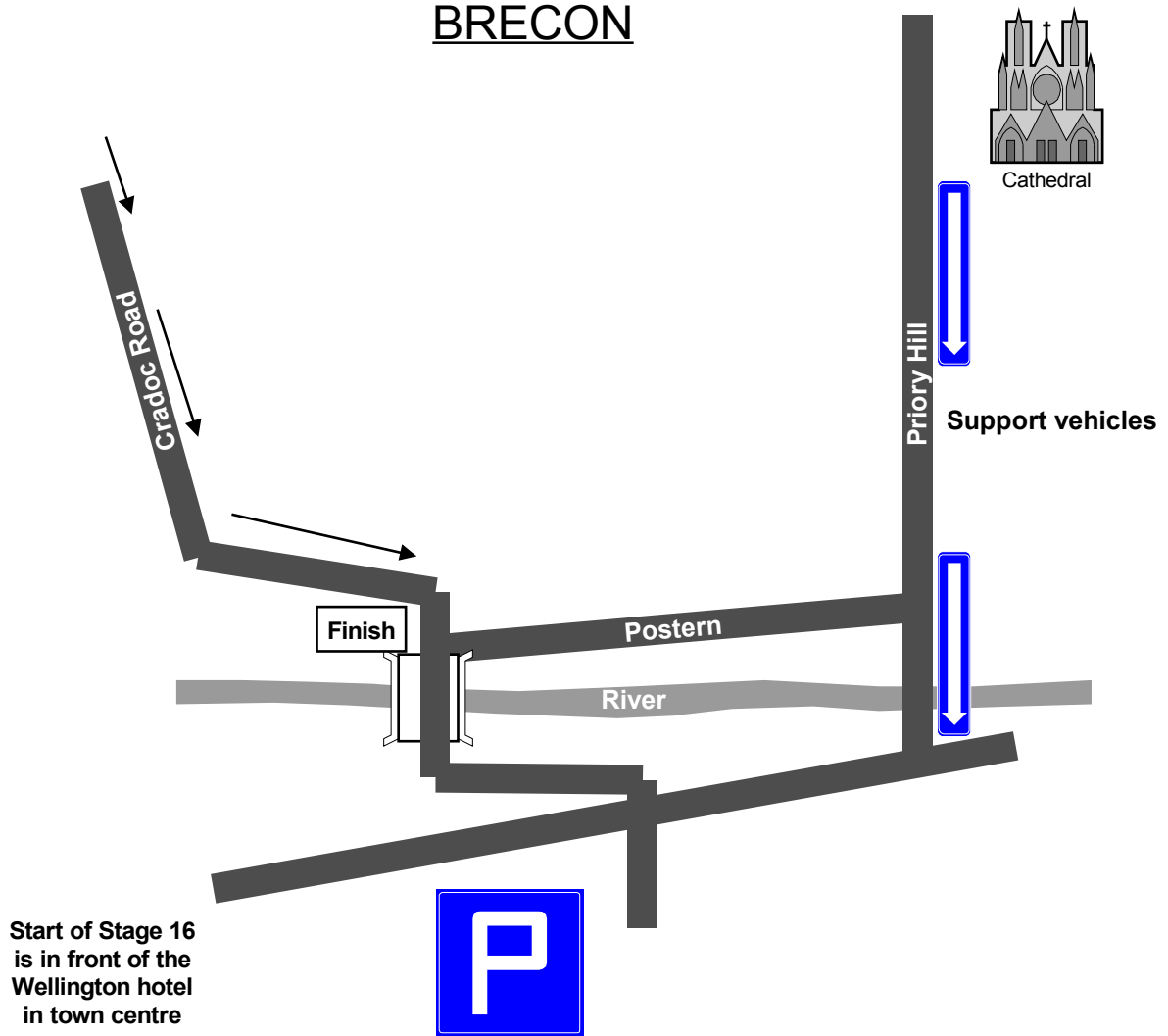
DROVERS ARMS



Parking at this changeover is particularly difficult

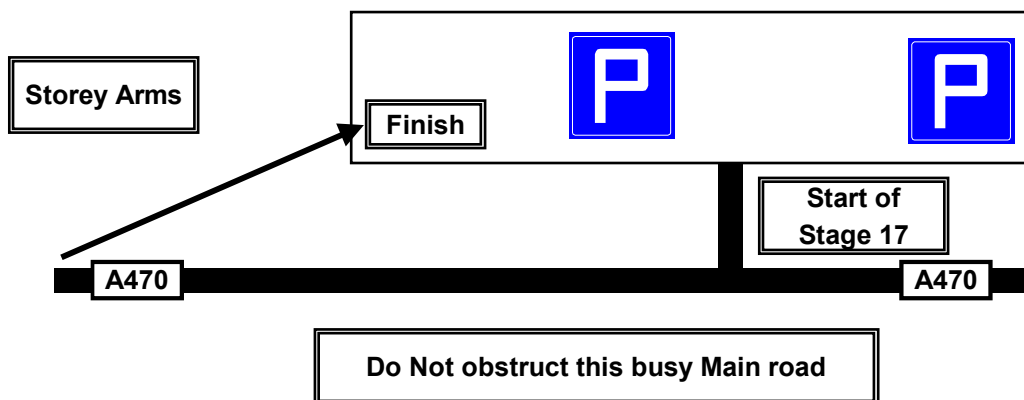
FIFTEENTH CHANGEOVER

BRECON



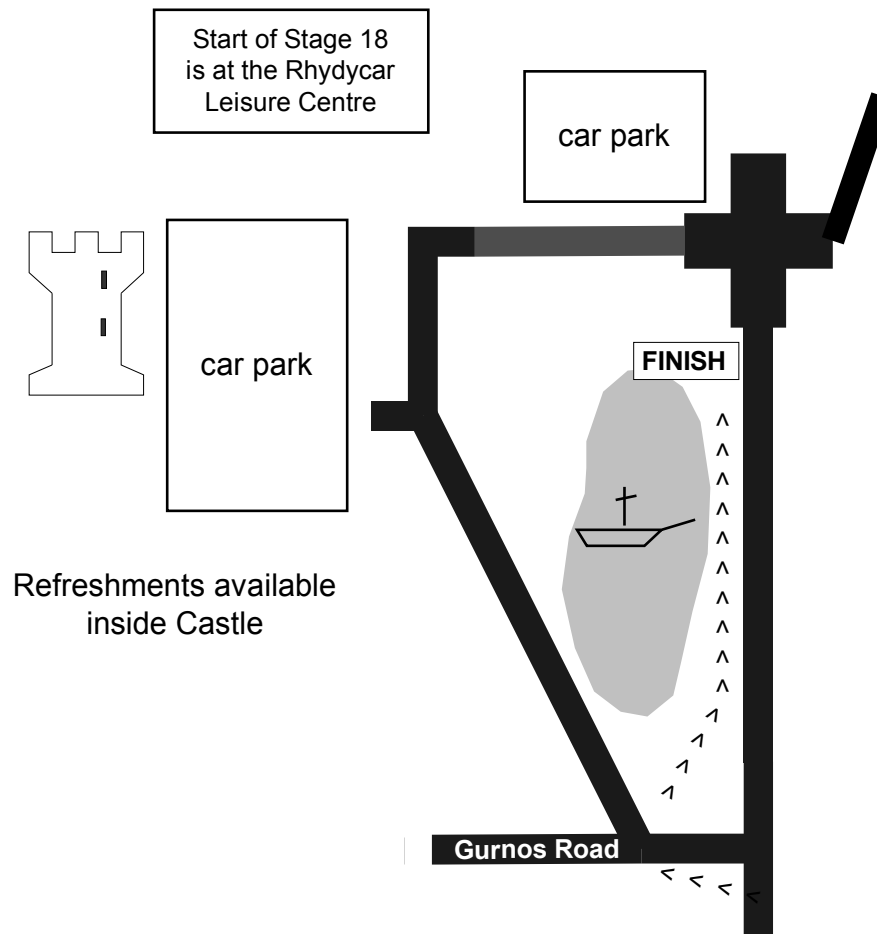
SIXTEENTH CHANGEOVER

BEACONS RESERVOIR



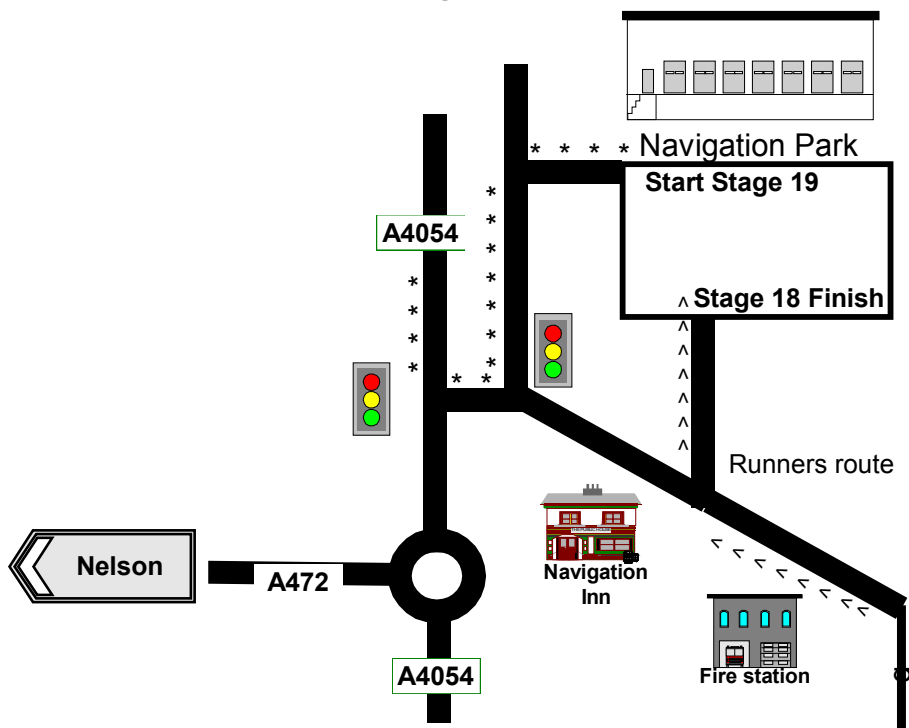
SEVENTEENTH CHANGEOVER

CYFARTHA CASTLE



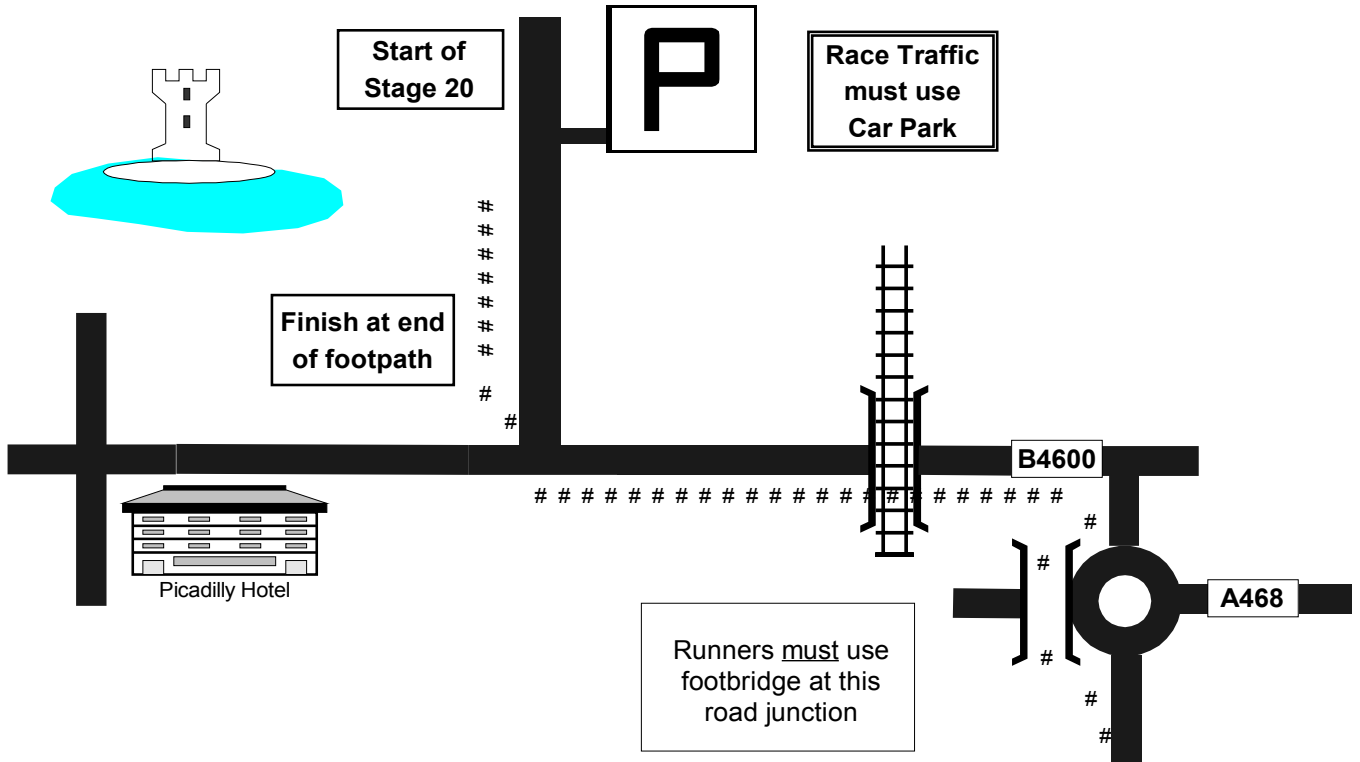
EIGHTEENTH CHANGEOVER

Navigation Park



NINETEENTH CHANGEOVER

CAERPHILLY



CARDIFF

